

# CASE STUDY: PHYSICAL THERAPY FOR HIP PAIN

## PATIENT:

56-year-old female referred to physical therapy for treatment of left trochanteric bursitis

## MEDICAL HISTORY:

Patient started having symptoms in March of 2013 and had pain in her left lateral thigh and postero-lateral hip area since that time. Patient had underlying fibromyalgia syndrome, which was fairly under control at the time.

## SUBJECTIVE COMPLAINTS:

Patient's symptoms were aggravated by walking, her main recreational activity for reducing stress and for weight management. Symptoms forced the patient to stop her walking routine. Patient also had problem sleeping on her left side.

## INITIAL EVALUATION:

- Limited left hip internal rotation and limited hip extension in Thomas position
- Some deficit in left hip strength, resulting in less-than-optimal stabilization of patient's pelvic girdle
- Positive Ober's test demonstrated tightness of left iliotibial band (ITB)
- Palpation revealed tenderness of left ITB and postero-lateral hip
- Visual Analog Scale (VAS) = 5/10

## TREATMENT:

The patient's treatment consisted of manual stretching, soft-tissue mobilization, myofascial release, adjunctive physical modalities and home exercise program. Therapists eventually taught patient self-stretches and self-soft-tissue mobilization. As the patient was progressing, she was reintroduced to walking with monitoring of her symptoms and a modification of her walking routines.

## RESULTS:

Within two weeks, the patient was able to resume her modified walking routine. By the end of the physical therapy episode two weeks later, the patient was almost pain free and independent with self-interventions. The patient once again was able to resume a physical activity that was very important to her well-being.

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